



What is #BlackOPS Quarterback School?

At our #BlackOPS QB Schools, QB coaches from Whitfield Athletix come from San Diego to your city to teach the finer aspects of Quarterback play.

#BlackOPS is not your *ordinary Quarterback Camp*. At Whitfield Athletix we don't take your athlete through your traditional factory workshop of taking (100) - 3 step and 5 step drops. We don't line up a group of fifty athletes and throw routes.

#BlackOPS is a *specialized* small group QB training program. We strive to give each individual QB the tools he needs to be successful.

#BlackOPS consists of (4) sessions throughout the weekend. Each session focuses on a specific principle towards building a better and more efficient passer. The #BlackOPS weekend is littered with numerous competitions to cultivate a fun and competitive environment.

The first session primarily focuses on analyzing each quarterback and diagnosing room for improvement. From there we take the morning to teach proper base and setup. We teach young athletes how to use their entire body to generate power and accuracy throwing the football. We finish the morning session with a workshop on how to throw with touch. After a lunch break we return in the afternoon for our second session.

Session 1

- Analyzing and Diagnosing each QB's throwing motion
- Teach proper base and setup
- Playing with a "strong" lower body to generate velocity
- Reorganizing our base
- Using our system to become more accurate passers
- Throwing with touch over man to man defenders

The second session consists of teaching how to throw on the run. After drilling and learning how to throw on the run we delve in the nuances of pressure and danger within the pocket. We teach and drill situational football to understand how to move properly within the structure of the pocket

Session 2

- Teach and drill how to throw on the run
- Pocket movement
- Pressure vs. Danger within the Pocket
- Learning how to move within the structure of the pocket

Day 1 focuses on the building blocks of Quarterback play while the morning session of Day 2 gives us the opportunity to dig deeper into 2nd and 3rd reaction Quarterback play. We spend the morning drilling situations where the defense has won (with a blitz or coverage), but teach how to take a bad play and turn it into a positive gain.

Session 3

- Chaos/ Danger on the football field
- Winning bad situations
- Playing against free blitzers
- Evading blitzers
- Sustaining efficient play when the defense has an edge

The afternoon session of day 2 allows us to tie all our concepts and principles together. We take every aspect of QB play and apply them to live situations. The last session simulates more of what we're going to see on game day.

Session 4

- Small Pocket conflict
- Layering over zone defenders (flat, Hook to Curl, Alley, etc.)
- Putting it all together and applying it to game situations.

What does a typical #BlackOPS QB school look like?

Our structure is a bit different and unique compared to other “quarterback camps”/ schools. We design the weekend based of the same structure we have used with our NCAA/NFL draft training. Depending on group size, each session is 1-2 hours with a lunch break in between. For a group of less than (12) athletes the schedule is as follows:

DAY 1 (SATURDAY) - TENTATIVE

8:45AM ARRIVE/ ORIENTATION
9:00AM-12:00 SESSION 1
12:00PM-1:00 LUNCH
(PROVIDED BY THE ATHLETE)
1:00PM-4:00 SESSION 2

DAY 2 (SUNDAY) - TENTATIVE

8:45AM ARRIVE
9:00PM-12:00 SESSION 1
12:00PM-1:00 LUNCH
(PROVIDED BY THE ATHLETE)
1:00PM-4:00 SESSION 2
4:00PM CLOSING COMMENTS

*We at Whitfield Athletix pride ourselves on personalized and individual coaching; so if a particular #BlackOPS exceeds (12) athletes to allow for more 1 on 1 coaching with our staff we break the QB school into (2) groups based on age (Elementary and High school/College). At our #BlackOPS QB school, we believe the more individual time our staff can spend with an individual athlete the more improvements can be made throughout the course of the weekend. **A typical weekend with a group of 12+ would look like the following:***

DAY 1 (SATURDAY) - TENTATIVE

7:45AM ARRIVE/ ORIENTATION
8:00AM-10:00 GROUP A SESSION 1
10:00AM-12:00 GROUP B SESSION 1
(PROVIDED BY THE ATHLETE)
12:30-2:30PM GROUP A SESSION 2
2:30PM-4:30 GROUP B SESSION 2

DAY 2 (SUNDAY) - TENTATIVE

7:45AM ARRIVE
8:00AM-10:00 GROUP A SESSION 3
10:00AM-12:00 GROUP B SESSION 3
(PROVIDED BY THE ATHLETE)
12:30PM-2:30 GROUP A SESSION 4
2:30PM CLOSING COMMENTS GROUP A
2:30PM-4:30 GROUP B SESSION 4
4:30PM CLOSING COMMENTS GROUP B

If you're interested in hosting a Mini #BlackOPS in your city please contact WhitfieldQBacademy@gmail.com

Looking forward to bringing "Dime City" to your city! (#DimeCity2YourCity)

1. What are the requirement to host a #BlackOPS QB school in my city?

- Field must be provided for Saturday/Sunday from 8AM to 5PM by host
- Field must be either grass/turf football field, grass/turf soccer field, large big grass field
- Facilities must have restroom for athletes/parents
- You must be our main liaison between Whitfield Athletix and your facilities.

2. What is the tuition?

- By attending our #BlackOPS QB School in your city; client save expense on car rental, hotel, and flight.
- Our tuition is \$550/weekend and the min. hours of QB training is (8) hours. We do offer discounts for early sign ups, so book early when you can.
- We make is easier for you by having our QB coach fly to your city and saving costs.

3. What is the value of hosting a #BlackOPS QB school in my city?

- We will probono your QB/son for the in exchange for field use. It's the least we can do for you.
- Gain a lot of interest from QBs to your facilities from surrounding areas.
- We will help promote the facilities on our social media
- We will offer future discounts for our San Diego QB Training

4. Who comes to the #BlackOPS QB Schools?

- Coach Hank Speights and Coach Matt Jope, both travel the country and operate our #BlackOPS QB schools.
- Both have been under the tutelage of QB Engineer, George Whitfield Jr., and have trained NCAA/NFL QBs.
- Coach Speights and Coach Jope handle all on-field logistics once in the city, they are the main captains for the weekends.
- You can read more about who they have worked with on our website under "Meet the Team" www.WhitfieldAthletix.com

5. When are your future #BlackOPS QB schools

- We update our website regularly, please check our website (www.WhitfieldAthletix.com) - Click "#BlackOPS" tab and you will see current openings
- If you don't see a city near you, help us host one! E-mail us

Cities that have hosted our #BlackOPS QB School

Little Rock, Arkansas
Greenville, South Carolina
Avon, Indiana
Atlanta, Georgia*
New Jersey, NJ
Montgomery, Alabama
Sacramento, California
West Virginia, West Virginia
San Antonio, Texas
Dallas, Texas***
Houston, Texas**
Virginia Beach, Virginia
Austin, Texas**
Washington D.C
Lindsborg, Kansas
Pasadena, California
Corpus Christi, Texas
Denver, Colorado